

# Cheap Provision,

Recommended to the Publick in general, and Poor in particular.

THE Price of RICE being so greatly reduced by allowing the Importation of it free of any Duty, has already made an amazing Increase in the Demand for this Article for Home Consumption. And in order the more fully to make it answer the Purposes intended by Government, in taking off the Duty, the following Receipts for dressing it are recommended (being different from the general Methods now in Use among us). As the due Introduction of it throughout the Kingdom can't fail of reducing the Prices of all other Provisions, it making an excellent Substitute for both Bread and Meat, and is full three times cheaper than either.

Put three Quarts of Water, a little Salted, into an Iron Pot capable of containing at least three Quarts, when the Water is boil'd, put in one Pound Weight of Rice, clean washed; let the Rice boil about an Hour and Half, and keep it gently simmering in the Pot about Half an Hour longer, over a slow Fire, observing to stir it often, to prevent its sticking to the Pot, by which Time the Water will be waisted, and the Rice soft and fit for Use.

This is the general Method to prepare it, and is used by People in most Parts of the World, serv'd at Table only thus boil'd, who eat it instead of Bread with their Meat, and being generally put on the same Plate, they often mix it with the Sauce or Gravy.

Another Way is to eat it (thus prepared) put into Milk instead of Bread.

Another, With Butter or Suet put in it while warm.

And a general Method in *Yorkshire*, is to mix it up with Treacle or coarse Sugar.

It makes a very good Ingredient in Mutton or any other Broaths, and in Soups will answer the End of Vermicelli.

An excellent Broath is made with Bones, dissolved by a digester, and thicken'd with Rice.

To make a nourishing and satisfactory Dinner of it.

Put Half a Pound of Meat, of any Sort, salt or fresh, or both, or Ox Cheek, Cow Heel, Calves Feet, &c. cut into Bits, into a Gallon of Water; after you have made it boil and froth up, put in a Pound of Rice, let it boil together three Hours,

Hours, adding another Gallon of Water warm'd, by Degrees, as you find it thickens, and the Water waste away, taking Care to keep it stirr'd, to prevent its sticking to the Pot; thus served at Table it makes an excellent Dish, yet there may be added at Discretion, while the Pot boils, any Garden Stuff, as they are liked, or are in Season or Plenty, as Pease, Turnips, Potatoes, Parsnips, Leeks, Onions, or any Kind of Greens whatever, all cut to Pieces, and it may be season'd with Ginger, *Jamaica* or black Pepper, &c. to the Taste.

Instead of Meat, Gravy or Dripping from Meat, or Half the Quantity of Suet will do, and make it equally good, or else the Water Meat has been boil'd in, particularly when much Garden-Stuff be used.

Another very excellent Dish of Rice is made thus.

Put two Quarts of new Milk in an Iron Pot, and three Ounces of clean washed Rice; set the Pot on a slow Fire, and stir it frequently with a long wooden Spoon, to prevent its sticking to the Pot, or being burnt; it must boil at least two Hours, when it will eat as rich as Cream, and sit light on the Stomach: After it is boil'd some put in Sugar, pounded Cinnamon, or Butter to their Liking, but it is very rich without them; and where Milk is scarce, if Part Water be used, it will be very good.

For Puddings.

It makes a very good one put in a Dish, after it is prepared as per first Receipt, and a little moistened with Water or Milk, under Beef, Mutton, or any other Meat, for the last Half Hour while it is roasting; the Dripping gives it an agreeable Seasoning, and browns it as well as in an Oven.

For another. Spread an Ounce or two of Butter or Lard, on the Inside of a Pudding Pan, or Pewter Soup Dish; throw a Quarter of a Pound of Rice, boil'd tender, over it, then put an Ounce of such Sugar as you please, coarse or fine, a little Salt, and three Pints of Milk, and bake it well; some choose to put Slices of Bread cut thin, over the Top, which when baked serve as Crust, and those who do not regard Expence, put a little Cinnamon or Nutmeg in it.

Another is made by boiling it in a Pudding-Bag, with only a Handful of Currants, which seasons it very well, but Half Currants or Raisins, and Half Rice makes it very excellent. It must have very good Room in the Bag.

Another is made by boiling it in like Manner, with Apples, Pears, or any other fresh Fruit, cut to Pieces, with a little Butter when boil'd.

Another, call'd the Snow-Ball, is made by using Rice a little soften'd by boiling, instead of Paste, in Apple Dumplings.

To these many other Methods may be found to dress Rice, so as to make it a good, nourishing, and wholesome Food.

